

Temple Maintenance: Beginner's Daily Checklist

Honor God with your body. Start small. Stay consistent.

“Do you not know that your body is a temple of the Holy Spirit...? So then, honor and glorify God with your body.” – 1 CORINTHIANS 6:19–20 (AMP)

Start with these 3 non-negotiable's each day:

1. Move for 10–15 minutes (walk, stretch, simple bodyweight exercises)
2. Drink one full glass of water first thing in the morning.
3. Speak life over your body: “This is God’s temple. I will honor Him with it”

Bonus (as you're ready):

- Pray while stretching or walking — turn movement into worship
- Swap one processed snack or drink for something nourishing
- Track your wins on a notepad or wall calendar — celebrate progress

*You don't need to do it all at once. You just need to start.
This is worship. This is spiritual warfare. This is your temple.*